

Do you have any concerns about your child's development?

There are services available that can help...

Child & Family Health Nurse

Regular visits to your local Child and Family Health Nurse is a great starting point if you have any concerns about your child's development. **This is a FREE service and available from when your child is born through to age five.**

Your local Doctor (G.P.)

Your local Doctor is another option for further support and information if you have any concerns about your child's development. **Doctors can also provide referrals to specialist services.**

Community Health Centres

Further support can be accessed through 'Allied Health services' including: speech pathology, occupational therapy, physiotherapy, dietetics, mental health. **You can access Allied Health Services through your local Community Health Centre without a referral from your GP.** Search online or ask your GP for details.

Private services

Further support is available through specialists e.g. a paediatrician and private, fee-based services.

Some services will offer bulk-billing or a Medicare rebate but you may have to pay a gap fee. Ask your doctor which specialist services require a referral.



Important points to remember

- **You know your child best, if you think something is wrong, contact any of the above services**
- **Seeking help early is best but it is never too late to ask for help**
- **Don't be afraid to get a second opinion if you feel your concerns are not being addressed**

This resource has been developed by the 'Stronger Seeds Taller Trees' project.

General Practitioners can access further information about this initiative by visiting the South Western Sydney Primary Health Network (PHN) online GP Newsletter.

[South Western Sydney Primary Health Network \(swsphn.com.au\)](https://www.swsphn.com.au)



STRONGER SEEDS, TALLER TREES
Increasing early supports to improve child outcomes

Insert your contact details here